



A Healthy You=A Healthy Baby

If you're planning to have a baby or think you may be pregnant...

- **See a healthcare provider for early check-ups**
- **Eat foods with folic acid (spinach, beans, oranges...)**
- **Exercise to be fit and reduce stress**
- **Don't drink alcoholic beverages, smoke, or use illegal drugs**

For more information call the Family Healthline:

1-800-328-3838

**If you don't have health insurance or a healthcare provider,
the Family Healthline can help find a provider near you.**



Jon S. Corzine
Governor



Heather Howard
Commissioner